

CPSP Virtual Perinatal Mood & Anxiety Disorders (PMAD) Training Post-Test

Name:	_____
Clinic:	_____
Phone:	_____
Email:	_____
Date Training Completed:	_____

Please circle the correct answer

1. PMADs are a leading complication of childbirth and pregnancy in the United States.
 - a. True
 - b. False

2. If a PMAD is left untreated, the consequences to mom and baby can include:
 - a. Decreased duration of breastfeeding
 - b. Babies who are small for gestational age
 - c. Preeclampsia
 - d. Both a & b
 - e. Both b & c

3. Which of the following is a risk factor for PMADs?
 - a. Family history of mental illness
 - b. Short birth spacing
 - c. History of trauma
 - d. All of the above

4. “Baby Blues” is considered a mental health disorder.
 - a. True
 - b. False

5. All of the following diagnoses can be considered a PMAD, **EXCEPT**:
 - a. Postpartum OCD
 - b. Perinatal Depression
 - c. Borderline Personality Disorder
 - d. Panic Disorder

6. Postpartum Depression eventually goes away on its own for most moms.
 - a. True
 - b. False

7. A traumatic pregnancy, labor, or delivery can trigger the onset of Post-Traumatic Stress Disorder.
 - a. True
 - b. False

8. Which statement about the PHQ-9 screener for depression is **NOT** true?
 - a. The PHQ-9 can be completed by the patient on their own, or completed interactively with the CPSP staff.
 - b. Providers using the 2017 CPSP forms should administer the PHQ-9 each trimester and postpartum.
 - c. The PHQ-9 score tells you if the patient has a diagnosis of depression and how severe their depression is.
 - d. Scores of 10 or higher are considered a “positive” screen and should be reported to the provider.

9. Moms in Los Angeles County experience higher rates of PMADs than other parts of the United States.
 - a. True
 - b. False

10. Data shows that women in LA County experience approximately the same rates of PMADs, regardless of their race, ethnicity, income, and insurance type.
 - a. True
 - b. False

**Please submit your completed test to LA County CPSP:
Email: cpasp@ph.lacounty.gov**

<p align="center">THIS SECTION TO BE COMPLETED BY LA COUNTY CPSP STAFF</p>
<p>Score: ____ / 10 = ____ %</p>
<p>Passing: <input type="checkbox"/> YES <input type="checkbox"/> NO</p>
<p>Follow-up call/email completed: <input type="checkbox"/> YES</p>